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ABSTRACT

This student training module on physical development is one of the general work information modules developed for Pre-Apprenticeship Phase 1 Training. Rather than relating to a specific trade, this module is designed to impart to the student general health knowledge needed by all workers and can be used in all the trade module series. This module contains a cover sheet listing module title, goal, and performance indicators; introduction; information sheets on physical development and maturation; self-assessment; self-assessment answers; post assessment; and post-assessment answers for the instructor. Topics covered in the module include maturation, nutrition, exercise, personal care habits, and substance abuse, as they relate to work performance and daily life. (KC)

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ED217256

INDIVIDUALIZED LEARNING SYSTEMS

PRE-APPRENTICESHIP PHASE 1 TRAINING

C001880

PHYSICAL DEVELOPMENT

Goal:

Upon completion of this module, the student will be able to identify and explain concepts of maturation, nutrition, exercise, personal care habits, and substance abuse, as they relate to work performance and daily life.

Performance Indicators:

The student will demonstrate his or her knowledge by successfully completing both a Self Assessment and a Post Assessment exam covering the concepts of maturation, exercise, personal care habits and substance abuse.

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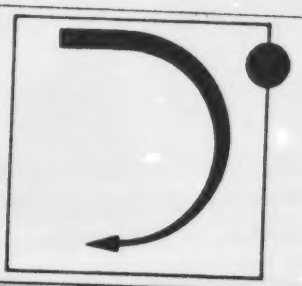
Introduction



No matter what field a person plans to enter, it is important that he or she knows the role that maturation, nutrition, exercise, personal care habits, and substance abuse plays in making up his or her general emotional and physical well-being. These areas affect not only your personal life but your work life as well.

Information

MATURATION

General characteristics of adolescence are defind by physical changes in height and bodily proportions, as well as emotional changes. Because of rapid growth during this time, practically every part of the body becomes the focus of positive or negative feelings. Physical and emotional feelings become more noticeable. Adolescents begin to develop interests in relationships outside the family unit. Adolescents achieve a new range of mental processes and begin to compareand adopt own morals and ideals. They begin to recognize their own capabilities and potential, and begin to establish physical and financial independence.

The transition from adolescence to "adulthood" is gradual and fluctuates according to each individual person.

General characteristics of adulthood are the ability to give and accept love, affection, and sexual responsiveness and the ability to be sociable. Adults also possess a sense of who they are, what their goals and aims are, and a sense of what is best for self.

NUTRITION

Good nutrition is vital to normal growth and development, and to help maintain physical well-being. Nutrition directly affects your work performance.

Each food group makes special contributions to a balanced diet. The four food groups are the milk group, meat group, vegetables and fruits group and the breads and cereals group. Foods from all four groups work together to supply energy and nutrients necessary for good health, and they provide the fuel your body needs to do physical work.

For a daily nutritional balance, you need the following servings from each group:

1. Two to four servings in the milk group. This includes ice cream, cheese and other foods which are made up mostly of milk.
2. Two or more servings in the meat group. Foods like fish, poultry, eggs, and cheese are included.
3. Four or more servings per day in the vegetables and fruit groups.
4. Four or more servings in the breads and cereals groups.

Due to rapid growth during adolescence, teenagers need greater amounts of nutrients and more energy supplies. Between meal snacks are needed and should be chosen from the four food groups.

PERSONAL CARE HABITS AND EXERCISE

Any people who work must realize how important health and good grooming is to their job. The healthy, well-groomed individual who can be depended upon and whose capacity and skills are always at a high level, is in line for advancement, better pay and greater job security.

Always come to work rested and relaxed. The average required sleep per night is eight hours. Fatigue and late hours on work nights endangers your health and is a good source of accidents.

No matter what your job, you should always appear at work clean and well-groomed. This will not only please your employer, but will help you avoid illness and diseases associated with uncleanliness.

Good grooming habits means caring for your skin, face, nails, hair and teeth on a daily basis.

Normal skin requires only soap and water to be kept clean. Always rinse skin thoroughly. In winter use less soap and always dry your skin thoroughly.

Wash your face with warm, soapy water, and dry it gently with a clean cloth.

Clean your nails with a brush in warm soapy water. Dry thoroughly and apply a lotion to prevent drying. Dryness causes hangnails and plain oil or lotion will help correct them.

Wash your hair at least once a week, and more often depending on your job. Use mild shampoo with no borax or alkali, and warm water. For oily hair use a green soap such as Fitch's. For dry hair use a castile shampoo. Don't forget to wash your brush and comb as often as you wash your hair.

Brush your teeth at least twice a day and floss them at night. Make sure to have your once-a-year checkup.

Ideally, each person should have an indoor and outdoor hobby he or she enjoys. Hobbies provide a source of relaxation and help to maintain a good attitude towards work and living in general.

Each of us needs some form of exercise. Many people exercise on the job or walking to and from work. Even so, a recommended source of exercise, especially for working individuals is games such as basketball, handball or swimming. The fun and competition of an athletic game stimulates interest, so you can enjoy your exercise. Games also provide a positive means of releasing daily stresses and strains.

SUBSTANCE ABUSE

In talking about substance abuse, the focus will be on marijuana, LSD, barbiturates, amphetamines and alcohol.

Marijuana is used mainly for its intoxicating effects, and has no known use to modern medicine. Marijuana enters the bloodstream and acts on the brain and nervous system. It affects thinking, judgement and coordination. For these reasons it is dangerous to drive or work while under its influence. Long term effects of marijuana are not known.

LSD is a powerful man-made chemical. LSD affects the natural chemical levels in the brain. It produces bizarre mental reactions and affects senses of smell, sight, touch and hearing. The drug is physically addicting. Prolonged use can create changes in the brain and continued abuse can cause death.

Under medical supervision barbiturate use can be safe. Barbiturates are one of the most commonly abused drugs. Barbiturates distort how people see things and slow down responses. Prolonged use of this drug can cause personality disorders

and overdose causes death. Barbiturates are physically addicting.

Amphetamines are stimulants which affect the central nervous system. Like barbiturates, amphetamines are commonly abused. Amphetamines cause psychological dependence, not physical dependence. The drug dulls emotions and ability to organize thinking. Amphetamines cause temporary psychosis and continued abuse can cause death.

Dependence on alcohol exists when consumption of alcohol by an individual exceeds the limits that are acceptable to the culture, or alcohol is consumed at times deemed inappropriate within that culture or if alcohol abuse becomes so great that it injures health or impairs social relationships. Alcohol is a psychologically addicting drug. Dependence requires that more and more alcohol be consumed. Alcohol abuse is most commonly treated in the early stages through hospitalization and group therapy.

Obviously, what has been described thus far deals with common sense precautions and natural development. Each occupation, however, requires the use of different parts of the body--different sets of muscles--at different times.

Generally speaking, an individual of average strength, coordination and mobility can be a productive worker in almost any trade. Different trades require differing degrees of stooping, or bending over, or reaching. In order to be a floor coverer, for example, one has to spend a great amount of work times on hands and knees. A tool commonly used in the trade--the knee-kicker, which is used for stretching carpets to a tight fit--is operated by repeated striking by the worker's knee. Carpenters and painters have to stretch their arms fully for certain tasks.

Just about any trade may require an individual to be able to lift 50 to 100 lbs. to waist height or higher, on occasion. Drywall sheets are very heavy, and a worker may have to place thousands of them during the course of a large job. Depending on the work, a welder may deal with thin sheets of metal or may be required to assemble large steel girders. Parts counter people may be required to move and stack crates of parts and supplies.

The person seeking work should be aware of the physical requirements of a trade, and should recognize what he or she can do to meet them.

Natural maturity--going through adolescence--may do a great deal toward improving one's physical abilities. A 99-lb., 14-year-old boy may become a solid 200-lb. man by the time he's ready to enter the work force. Simply, adults--both men and women--are stronger than children.

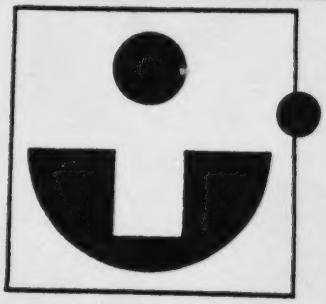
People can improve their strength greatly by first identifying the physical skills they will need in a job, and by exercising to achieve those skills. Even people with physical handicaps can overcome many of them by physical therapy. Strenuous exercise or therapy should only be undertaken after consulting a physician or certified therapist or trainer.

Self Assessment

Read each statement and decide whether it is true or false. Write T if the statement is true, and F if the statement is false.

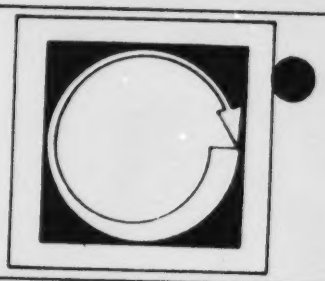
1. ____ The only maturational difference between adolescence and adulthood is physical growth.
2. ____ Good nutrition only affects growth.
3. ____ There are three food groups.
4. ____ It doesn't matter how you look at work as long as you do your work well.
5. ____ Good grooming habits means caring for your skin, face, nails, hair and teeth.
6. ____ As long as you move around at work you don't need to do any extra exercise.
7. ____ Everyone should have at least two hobbies to help them relax and maintain a good attitude.
8. ____ Marijuana affects thinking, judgement and coordination.
9. ____ LSD is not physically addicting and does not have any known side effects.
10. ____ Barbiturates are highly addicting and commonly abused.
11. ____ Prolonged use of barbiturates can cause death.
12. ____ Amphetamines are commonly abused and cause psychological dependence.
13. ____ Amphetamines can cause death.
14. ____ Alcohol is not physically addicting.

Self Assessment Answers



1. T
2. F
3. F
4. F
5. T
6. F
7. T
8. T
9. F
10. T
11. T
12. T
13. T
14. T

Post Assessment



1. ____ General characteristics of adolescence are:
   a. physical changes in height and bodily proportions
   b. emotional changes
   c. both a and b

2. Adolescents begin to recognize their own _____ and _____ and begin to establish physical and financial dependence.

3. Name two characteristics of adulthood.
   1)
   2)

4. Name the 4 basic food groups.
   1)
   2)
   3)
   4)

5. For a daily balance in diet you need how many servings from each group.
   _____ servings milk group
   _____ servings meat group
   _____ servings vegetables and fruit group
   _____ breads and cereals group

6. Teenagers need greater amounts of nutrients and more energy supplies because of _____.

7. You should always come to work _____ and _____.

8. Good grooming means what?

9. Check the grooming tasks you need to perform daily:
   ___ wash skin with soap and water
   ___ wash face
   ___shave
   ___clean nails
   ___wash hair, as needed
   ___brush teeth twice

10. Name two things each of us should have to maintain relaxation and a good attitude. 1) _____ 2) _____

True/False (11 through 13)

11. ____ If you are active at work or walk to and from work, you don't need to exercise.

12. ____ Games such as basketball, handball, etc. are recommended as exercise outside of work.

13. ____ Games stimulate interests, are a fun way to exercise and release stress and strain.

14. ____ Marijuana affects:
   a. thinking
   b. judgement
   c. thinking, judgement and coordination
   d. both a and b

15. LSD affects _____ in the _____.

16. Is LSD physically addicting? ___yes ___no

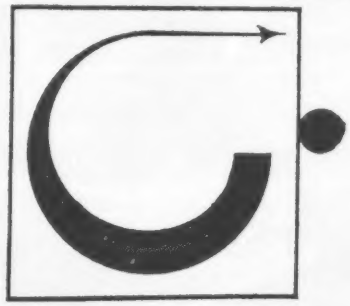
17. Are barbituates physically addicting? ___yes ___no

18. Amphetamines affect the _____.

19. Amphetamines dull _____ and _____.

20. Prolonged use of amphetamines causes _____.

Instructor Post Assessment Answers



1. c

2. capabilities and potential

3. 1) ability to give and accept love, affection and sexual responsiveness
   2) ability to be sociable
   3) sense of who they are, what their goals and aims are and a sense of what is best for self

4. milk group
   meat group
   vegetables
   breads and cereals

5. 2 to 4 milk group
   2 or more meat group
   4 or more vegetable group
   4 or more breads and cereals

6. rapid growth

7. rested and relaxed

8. caring for skin, face, nails, hair and teeth

9. all tasks listed

10. indoor hobby and outdoor hobby

11. F

12. T

13. T

14. C

15. natural chemical, brain

16. yes

17. yes

18. central nervous system

19. emotions, ability to organize thinking

20. temporary psychosis and death